

An elephant is standing on a wooden floor in a room with a grey wall. Four black pendant lights hang from the ceiling, casting four distinct circular pools of light onto the wall behind the elephant. The elephant is facing right, and its trunk is slightly curled. The floor is made of light-colored wooden planks.

The Elephant in the Room

One District's Approach to Teen Substance Use
Shawnee Public Schools Prevention Services

SHAWNEE PUBLIC SCHOOLS

Prevention Services Team

Kayla Wilbourn, SAP Counselor Shawnee Middle School

Cindy Bartley, Coordinator of Prevention Services

Candis Rodgers, SAP Counselor Shawnee High School



ODMHSAS School Based Prevention Services Grant

Shawnee Public Schools

Oklahoma Department of Mental Health Substance Abuse Services

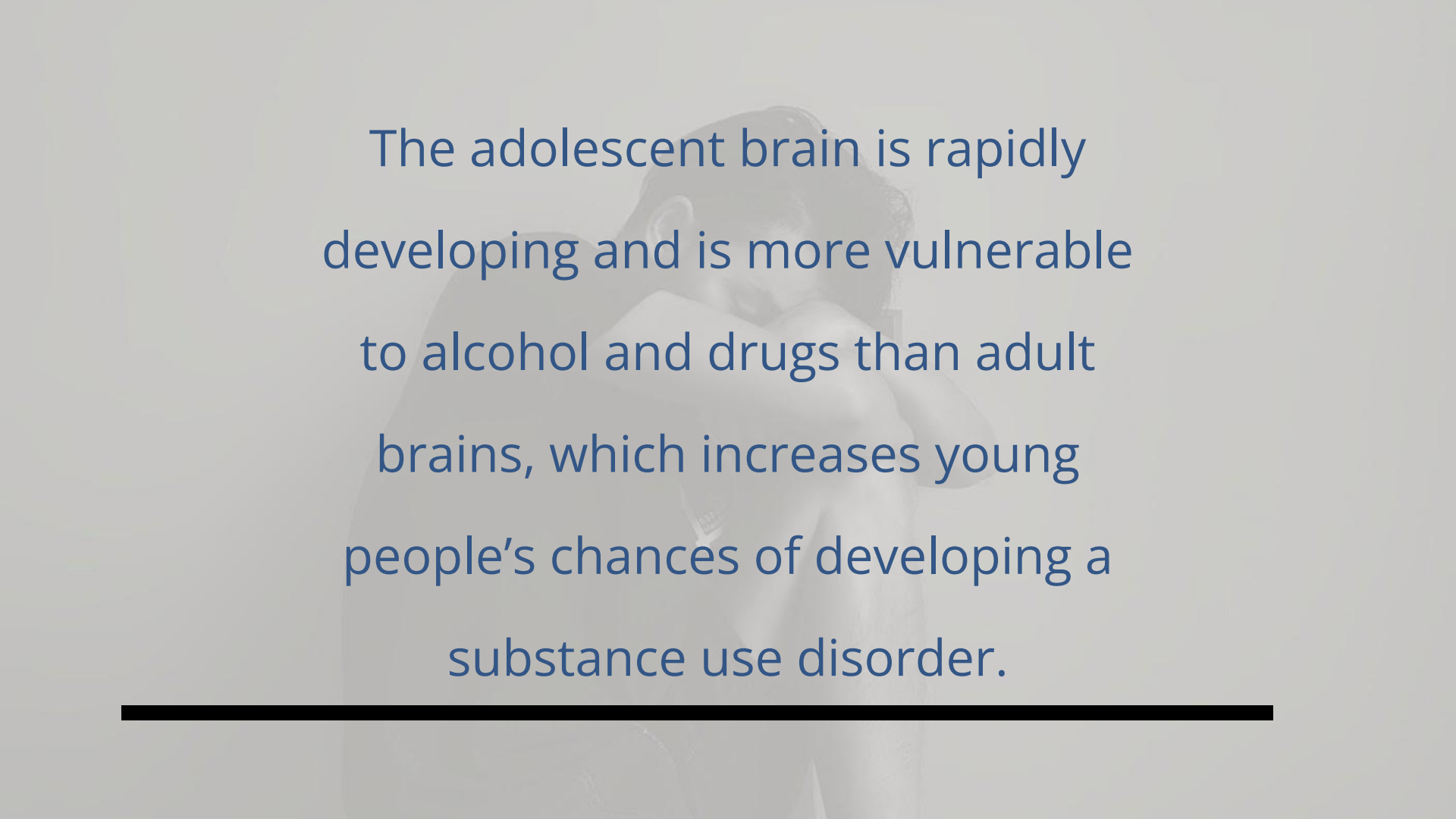
Three Year Grant Amount \$750,000

- Shawnee public school district identified key student needs to target prevention and intervention strategies and programs through a multi-tiered system of supports.
- The following priority student needs of **alcohol use, marijuana use and psychological distress** were identified based on internal discipline data and district wide OPNA reports.

What is Prevention?

WHAT IS PREVENTION?

National Institute on Drug Abuse



The adolescent brain is rapidly developing and is more vulnerable to alcohol and drugs than adult brains, which increases young people's chances of developing a substance use disorder.

STATISTICAL PERSPECTIVE

90%

of individuals in recovery for substance use started
using prior to the age of 18.

Kids who use substances prior to the age of 16 are 4X
more likely to struggle with addiction.

**ONLY 9% of youth who DO NOT drink alcohol before
they are 21 develop an alcohol use disorder in their
lifetime.**

Oklahoma Prevention Needs Assessment

Alcohol & Drug Use among Oklahoma teens

29% of all 6th, 8th, 10th, and 12th grade students have had **alcoholic beverages to drink in their lifetime.**

36.6% of 10th grade & 49.3% of 12th grade students have had **alcoholic beverages to drink in their lifetime.**

13% of all 6th, 8th, 10th, and 12th grade students have had **alcohol to drink in the past 30 days.**

27.3% of 10th grade & 24% of 12th grade students have had **alcohol to drink in the past 30 days.**

8.3% of all 6th, 8th, 10th and 12th grade students have **used marijuana in the past 30 days**

Almost 12% of 10th grade & 19% of 12th grade students have **used marijuana in the past 30 days**

16.6% of all 6th, 8th, 10th, and 12th grade students have **smoked marijuana in their lifetime**

27% of 10th grade & 29% of 12th grade students have **smoked marijuana in their lifetime.**

Oklahoma Prevention Needs Assessment

Youth Psychological Distress & Depression among Oklahoma Teens

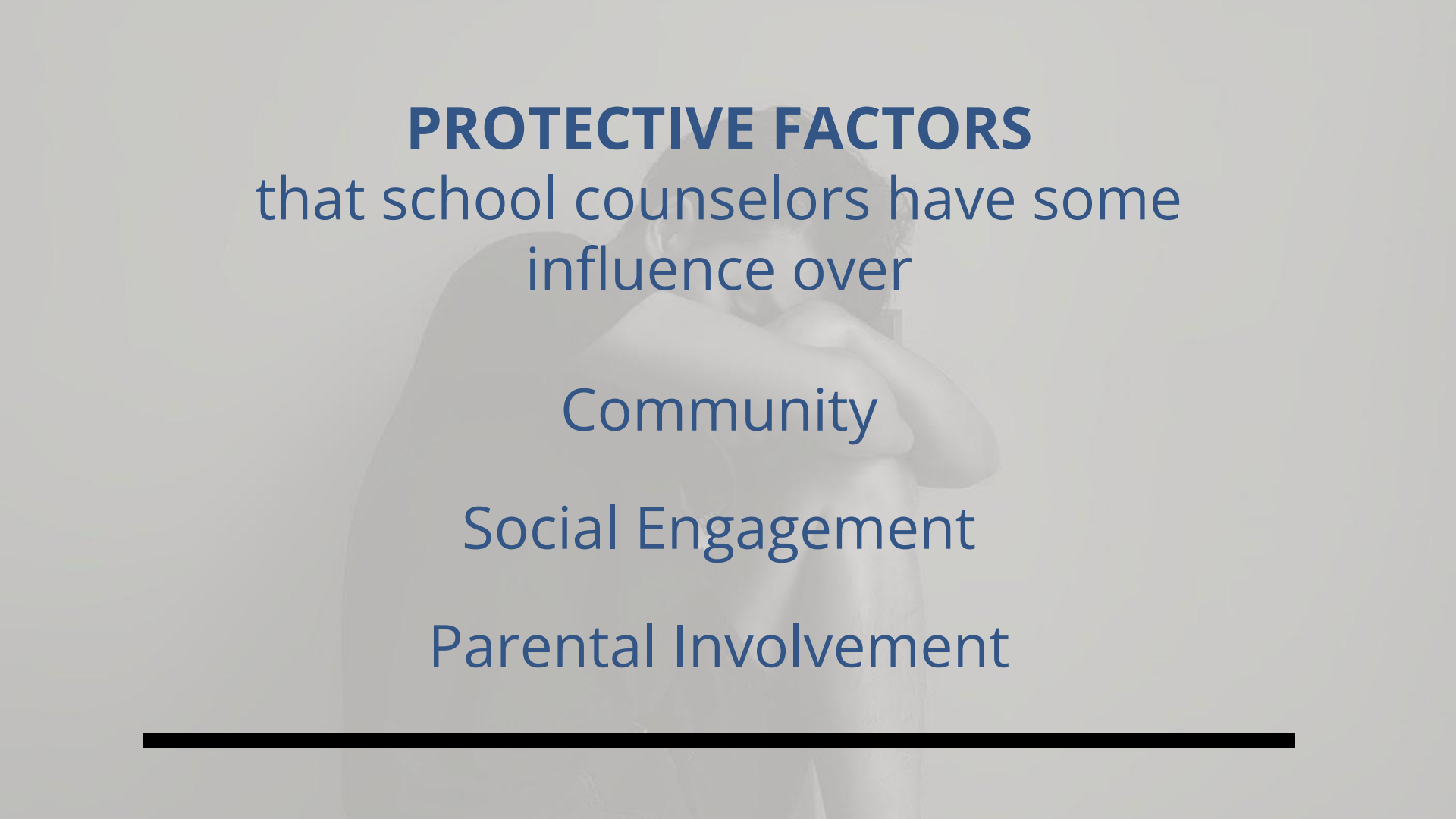
During the last 30 days,
how often did you feel...

21.7 % of all
6th, 8th, 10th & 12th
grade students reported
feeling **HOPELESS** most
or all of the time.

18.7% of all
6th, 8th, 10th, & 12th
grade students reported
feeling
SO DEPRESSED
that nothing could cheer
them up.

37.8% of all
6th, 8th, 10th, & 12th
grade students report
feeling **NERVOUS** most
or all of the time.

36% of all
6th, 8th, 10th, & 12th grade
students reported feeling
RESTLESS most or all of
the time



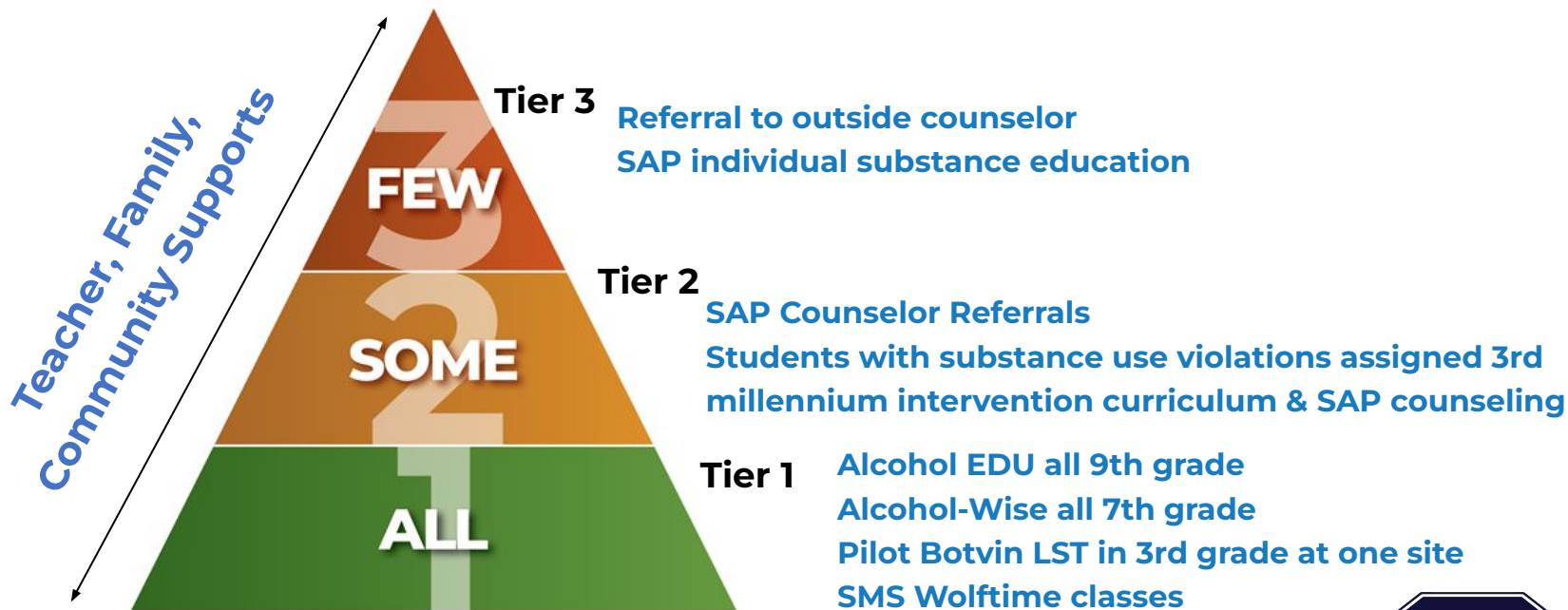
PROTECTIVE FACTORS
that school counselors have some
influence over

Community

Social Engagement

Parental Involvement

Shawnee Public Schools Prevention MTSS Components



Core Components

- Sustainable Teaming Systems
- Data-Based Decision Making
- Continuous Improvement Cycle
- Evidence-Based Practices



Shawnee Public Schools updated Discipline Policy

Former Policy: First offense Student suspended 10 days & returns to in house suspension

New Policy: First offense Student suspended up to 10 days. The suspension may be shortened if the student does the following:

- Student & guardian meet with SAP counselor prior to student returning to school.
- Student is assigned 3rd millennium substance intervention curriculum to be completed while at home or in RBI –Restorative Behavior Intervention room.
- Student will be required to participate in weekly meetings with SAP counselor.

Results:

- Pre & post tests scores of the 3rd millennium curriculum showed an increase knowledge of the dangers of substance use.

Prevention Services

Students
directly
served since
Fall 2021

SUBSTANCE USE POLICY VIOLATIONS

- **76 SMS** students & **45 SHS** students were referred.
- Beginning in March 2021, students were assigned substance intervention curriculum.
- **51 students** completed a 3rd millennium intervention course for a substance violation.

COUNSELOR & PRINCIPAL REFERRALS

- Students who participated in at least one individual session with SAP counselor: **69 SMS 57 SHS 8 JTA**
- The top reason for referrals was a Mental Health concerns, Disruptive Behaviors at School and Difficulty at Home.
- **Nine students** were referred for self reported substance use.

Shawnee Middle School

Student Assistant
Counselor
Kayla Wilbourn

TALKING TO TEENS ABOUT SUBSTANCE USE

- If student is ready to change, focus on *building healthy coping skills* rather than just “stopping” substance use.
- If student is not ready to change, or doesn’t see a problem with their use, focus on *education and harm reduction*.

-
- ## SUCSESSES
- After learning about one substance, many students have asked to do curriculum and/or receive education about other substances.
 - Building relationships with students has helped them feel more comfortable sharing their struggles and be more receptive to substance education.

**Shawnee
High
School &
Jim Thorpe Academy**
Student Assistant
Counselor
Candis Rodgers

TALKING TO TEENS ABOUT SUBSTANCE USE

- The importance of rapport building with students
- Cultural Considerations
- Focusing on coping skills

Prevention Curriculum

- Spring 2022 Everfi Alcohol EDU curriculum Pilot at SHS in 9th grade FACS classes
- 2022-23 Everfi Alcohol EDU for all 9th grade
- Spring 2022 3rd Millennium Alcohol Wise curriculum Pilot at SMS in Health classes
- 2022-23 3rd Millennium Alcohol Wise for all 7th grade & Marijuana Wise for all 8th grade
- [3rd Millennium Course descriptions](#) [EVERFI](#) website

Shawnee Prevention Services provide Calm Room at SHS

The SHS Calm Room was created to give students a place to gain control of their emotions in a safe and secure environment.

A student may need the calming room for a variety of different reasons, such as:

1. To de-escalate an incident or prevent one by changing environments.
2. To calm down after an incident.
3. To provide a safe place for a student during an incident
4. To provide a secure environment chosen by the student.





Protocol for the Use of the Calming Room

1. The calm room needs to be seen by each student as a positive, safe place; it should never be used as a sanction, time out, or as a threat.
2. Only the counselors, the school nurse, or a principal can assign a student to the calming room.
3. If a student is in need of the calming room, they will be given 15 minutes to utilize the space. If more time is needed, it will be given, but no more than 35 minutes can be used. If the student cannot completely calm down within that time period then either an alternative option shall be discussed or the student will be sent home.
4. Only one student at a time.
5. Students will check in with Ashlei or Candis so time can be effectively kept.
6. Room is clean and disinfected daily.
7. To keep track of who is in the calming room, please fill out the Calming Room form with the name, time, and date.
8. If a student misuses the calming room at any point, they will no longer have access to the room and a principal will be notified.

Helpful Links



MY LIFE MY QUIT is the free and confidential way to quit smoking or vaping.



Own Your Power aims to empower teens to find, own and share their power to live a life without vaping and marijuana by giving them the tools they need to manage their mental health.



Truth Initiative is America's largest nonprofit public health organization committed to making tobacco use and nicotine addiction a thing of the past.

Helpful Links



Why Should I Talk With My Child About Alcohol and Other Drugs?

- 1 Parents have a significant influence in their children's decisions to experiment with alcohol and other drugs.
- 2 It's better to talk before children are exposed to alcohol and other drugs.
- 3 Some children may try alcohol or other drugs at a very young age.
- 4 The older kids get, the more likely they'll try alcohol or other drugs.
- 5 Not talking about alcohol and other drugs still sends kids a message.

talktheyhearyou.samhsa.gov

talk
they hear you®

Talk They Hear You: SAMHSA's national substance use prevention campaign helps parents and caregivers, educators, and community members get informed, be prepared, and take action.



NIH has Parents Conversation Starters. Get information to help you talk with your teens about drugs and their effects, and learn where to go to get help.



Family Field Guide has a list of local resources for parents & caregivers. It also includes helpful videos.

[Shawnee Public Schools](#)
[Mental Health Resource Guide](#)

Family Communication

Prevention Services News

Shawnee Public Schools January 2023



How to help your teen beat the winter & back-to-school blues.

The holidays are over, and winter weather is looming. With the start of a new semester many of us get home after dark and find ourselves inside more than usual. With the change in patterns and scheduled activity, one of the things we need to watch out for is our mood and the mood of our teenagers. It can be subtle, but before you know it, you find yourself heading toward a dose of winter blues.

With the start of a new semester comes excitement but also apprehension for students. Your teen might be looking forward to a new class but anxious because a friend moved away. All of these feelings can cause stress and anxiety which could lead to behavior changes.

Prevention Services News

Shawnee Public Schools March 2023



#YOU CAN LIVE WITHOUT IT Anti-Vaping week

March 20th-24th

[Shawnee Public Schools
Mental Health Resource Guide](#)

Helpful Links



Mental Health FIRST AID®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance use issues.



National Center on Safe Supportive Learning Environments

Engagement • Safety • Environment

The National Center on Safe Supportive Learning Environments (NCSSLE) hosts webinars on a range of topics related to improving conditions for learning.



OKLAHOMA
**Mental Health &
Substance Abuse**

School-Based Prevention Services & Training Institute

SAMHSA

Substance Abuse and Mental Health
Services Administration

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

SHAWNEE PUBLIC SCHOOLS

Prevention Services Team

Investing in the lives of our students, families and staff through prevention education, mental health support and crisis intervention.

Cindy Bartley, Coordinator of Prevention Services cbartley@shawnee.k12.ok.us

Candis Rodgers, SAP Counselor Shawnee High School canrodgers@shawnee.k12.ok.us

Kayla Wilbourn, SAP Counselor Shawnee Middle School kaywilbourn@shawnee.k12.ok.us



TOGETHER WE
CAN CHANGE
STUDENTS
LIVES

Questions?